VISIT OUR 1st FLOOR KIOSK FOR GRAB-N-GO ITEMS!

NUTRITION CARE DIVISION GENERAL LEONARD WOOD ARMY COMMUNITY HOSPITAL OUR DAILY SPECIALTIES WEEK 1

CHERYL D. CLARKE SFC, SP

Nutrition Care Division

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GREAT BEGINNINGS	18-Oct-2015	19-Oct-2015	20-Oct-2015	21-Oct-2015	22-Oct-2015	23-Oct-2015	24-Oct-2015
BREAKFAST	Fresh Fruit, Fruit Juices (V)	Biscuit Rolls	Breakfast Burrito	Breakfast Sandwich	Breakfast Burrito	Breakfast Sandwich	Fresh Fruit, Fruit Juices (V)
MENU	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)
MON - FRI 0600-0900	French Toast (V)	Pancakes (V)	Waffles (V)	French Toast (V)	Pancakes (V)	Waffles (V)	French Toast (V)
WKNDS & HOLIDAYS 0700-1000	Hash Brown Patties	O'Brien Potatoes	Hash Brown Patties	O'Brien Potatoes	Hash Brown Casserole	Shredded Hash Browns	Hash Brown Patties
FEATURING:	Eggs/Omelets to Order	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Eggs/Omelets to Order
OMELETS MADE TO ORDER	Bacon/Sausage	Turkey Links	Grilled Porkchop	Corned Beef Hash	Turkey Links	Chicken Fried Steak	Bacon/Sausage
MADE FRESH DAILY	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits
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PANINI OF THE DAY	Soup of the Day	Philly Cheesesteak	Chili	Rueben Sandwich		Catfish Po-Boy	Soup of the Day
SOUPS	Pot Roast	Chili	GLWACH Tortilla Soup	Chili	Chili	Chili	Chopped Steak w/ Mushroom
MID-DAY FARE	Mashed Potatoes w/ Gravy	Mediterranean Veg Soup	Black Bean & Cheese Enchilada (V)	Sausage and Kale Soup	Chicken Noodle Soup	Chicken Gumbo Soup	Baked Ziti
LUNCH MENU	Macaroni and Cheese	Spaghetti w/ Meat Sauce	Beef /Chicken Fajitas	Shrimp and Grits	General Tso's Chicken	Home Cooked Chicken Quarters	Lyonnaise Potatoes
MON - FRI 1100-1400	Green Beans (V)	Spaghetti w/Marinara Sauce	Lemon Garlic Tilapia	Smothered Porkchop	Parmesan Crusted Tilapia	Baked/Fried Catfish	Lima Beans (V)
WKNDS & HOLIDAYS 1000-1400	Home-style Dinner Rolls	Chicken Marsala	Mexican Rice	WING WEDNESDAY	Mongolian Beef	Barbecued Ribs	Country Style Vegetables (V)
FEATURING:	Dessert of the Day	Beef Stroganoff	Refried Beans (V)	Mashed Potato (V)	Jasmine Rice (V)	Macaroni and Cheese (V)	Garlic Toast
FRESH GRILLED ITEMS		Breaded Mushrooms (V)	Zucchini w/ Stewed Tomatoes (V)	Fried Okra (V)	Fried Rice	Red Beans and Rice (V)	Dessert of the Day
WRAPS & DELI SANDWICHES		Antigua Vegetables (V)	Mixed Vegetables (V)	Green Peas and Carrots (V)	Asian Fried Cabbage (V)	Collard Greens w/ Ham Hocks	
		Broccoli Spears w/ Cheese Sauc	Chicken Taquitos	Simmered Yellow Squash (V)	Japanese Vegetables (V)	Glazed Carrots (V)	
Try our Vegetarian (V)		Garlic Bread	Coconut Cream Pie/Parfait	Homestyle Dinner Roll	Vegetable Egg Rolls (V)	Corn Muffins/Biscuits	
Options!		Strawberry Cream Pie/Parfait	TACO SALAD BAR	Oreo Pie/Parfait	Carrot Cake/Parfait	PIES & COBBLER BAR	
		BAKED POT/SWT POT BAR		BAKED POT/SWT POT BAR	BULGOGI BAR		

DINNER DISHES	WEEKEND MENU	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili		l
EVENING		Baked Spaghetti	Baked Fish	Grilled Porkchop	Honey Glazed Chicken	Shepherd's Pie	WEEKEND	l
MENU		O' Brien Potatoes	Fiesta Rice (V)	Mashed Potatoes (V)	Corn (V)	Fire Roasted Sweet Potatoes	MENU	l
MON - FRI 1600-1800		Seasoned Lima Beans	Broccoli Spears (V)	Green Beans (V)	Japanese Vegetables (V)	Simmered Cauliflower		l
WKNDS & HOLIDAYS 1530-1730		Antigua Vegetables	Zucchini w/ Stewed Tomatoes (V)	Capri Vegetables (V)	Green Peas (V)	Glazed Carrots		l
FEATURING:	Mixed Vegetables	Garlic Bread	Wheat Dinner Roll	Homestyle Dinner Roll	Wheat Dinner Roll	Corn Bread	Country Style Vegetables	l
FRESH GRILLED ITEMS	Dessert of the Day	Strawberry Cream Pie	Coconut Cream Pie	Oreo Pie	Carrot Cake		Dessert of the Day	l
SALADS & DELI SANDWICHES								l